



spt online join our family

day 1

1. warm up (time cap 10 min)

3 rounds of

200m row - 10 push ups - 5 pull ups - 10 air squat - 5 superman (lower back)

2. strenght (time cap 15 min)

back squat 5-3-2-2- (1-1- 75 % of max)

in each set perform 5-10 sec handstand hold)

3. weight lifting

you have 10 min to build 80 % singles Power Snatch

(start with a light weight and increase)

4. metcon

10 min AMRAP

5 power snatch (m 40/50 kg , f 20/25 kg)

7toes to bar (scale down to knees to elbows if needed)

10 cal row

day 2

1. warm up (time cap 10 min)

500 m run or row

3 sets of : 5 pull ups

6 ab mat sit ups

7 push ups hand release

8 leg raises on the ground

9 air squat

2. strenght (time cap 10 min)

strict press 3-3-2-2-(1-1 try to go up to 90 %)

3. weight lifting (time cap 10-15 min)

clean complex : 1 power clean + 1 hang squat clean

2-2 -(5*1 at 75 % of power clean)

4. metcon (12 min time cap)

5 rounds for time :

9 kettlebell swings (m 20-24 f 12-16 kg)

27 double unders or 54 single jump ropes



day 3

1 warm up (time cap 15 mins)

2 sets of :10 cal bike

10 push ups

10 v ups

2 sets of : 200m run

20 jump squats

20 ab mat sit ups

2 sets of : 300m row

15 pull ups (use bands if needed to be on time)

15 leg raises from the ground

2. strenght

front squat 5-3-2-2-(1-1 at 80 %)

in each se perform 5 dumbbell presses in each arm

try to rest no more than 1 min per set

3. Emotm

20 min of

1. 7 thrusters (m 45/30 f 25/20) and 3 burpees over bar

2. 35 sec du or single jump ropes

3. 10 box jumps (m60cm f 40 cm)

4. rest

4. mobility and stretching

2 min uppers and lower back with foam roll

2mins on each leg

and finish with 5 mins stretching



day 4

1. warm up
1000m run or row

2. metcon
warm up on squat snatch up to m 45 / f 25-20 kg

5 min AMRAP of
5 squat snatch
5 burpees over bar
rest 3 min and then
65 wall ball for time

3. strenght (time cap 10-15 min)
deadlift 10-8-6-4-2-1-1-1
start with a light weight and increase in each set
try to take only a minute rest while changing the plates .